

Kid-Friendly Fruits and Veggies

Serve instead of candy

Offer instead of candy. These options are naturally tasty, easy to prepare, and often well-liked by children—including neurodivergent kids who might have sensory preferences:

Kid-Friendly Fruits

- Apples (sliced or whole)
 - Bananas
 - Strawberries
 - Blueberries
 - Raspberries
 - Grapes (fresh or frozen)
 - Mandarin oranges / Clementines
 - Watermelon chunks
 - Pineapple chunks
 - Peaches or nectarines (sliced)
 - Pear slices
 - Mango chunks
 - Cherries (pitted)
 - Kiwi (peeled and sliced)
 - Melon varieties (cantaloupe, honeydew)
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Kid-Friendly Vegetables

- Carrot sticks or baby carrots
- Cucumber slices
- Bell pepper strips (red, yellow, orange for sweetness)
- Snap peas or sugar snap peas
- Cherry or grape tomatoes
- Celery sticks (try with nut butter or cream cheese)
- Steamed broccoli florets (soft texture)
- Steamed cauliflower florets
- Zucchini slices (raw or lightly steamed)
- Sweet corn (off the cob or kernels)
- Roasted sweet potato cubes (warm and sweet)
- Avocado slices or mashed avocado (great on toast or with chips)

These fruits and veggies can be served fresh, frozen, steamed, roasted, or raw depending on texture preferences. Offering a variety helps kids find favorites and keeps mealtime interesting!